Choose Your Sport

1. Everyone knows that exercise is good for the body and mind. While we all want to keep fit and look good enough, but too many of us take up the wrong sport and quickly lose interest. So now, fitness experts are advising people to choose an unusual activity that matches their character.

2. For example, those who like to be with other people often enjoy golf themselves or squash, or prefer to playing for a basketball, football or hockey team. If, though, you’re happier on your own you may rather go jogging or swimming.

3. Do you like competition? Then try something like running, or a racket sport such as tennis. If, on the other hand, it isn’t important to you, then the activities like dancing can be an enjoyable challenge without being the need to show you’re better than everyone else.

4. Finally, think about whether you find it easy to make yourself do another exercise. If, so, sports like weight training at home and cycling are fine. If not, book out a skiing holiday, Taekwondo lessons, or a tennis court. You’re much more likely to do something you’ve already been paid for.
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